Abstract

J Am Nutraceutical Assoc 2005; 8(1):21-34.

The Use of Fish Oil Supplements in Clinical Practice: a Review

Thomas Guilliams

University of Wisconsin – Madison School of Pharmacy

BACKGROUND: Increasing dietary consumption of fish high in omega-3 (n-3) fatty acids is well established as a way to improve numerous health outcomes. The prevention of both primary and secondary cardiovascular events, as well as intervention for such unrelated outcomes as depression and rheumatoid arthritis are now linked with n-3 fatty acid intake.

DISCUSSION: Increasing fish consumption is neither an exact science, nor without risk of consuming toxins of various kinds. The advent of highly purified fish oil supplements, now widely available, has allowed very high levels of n-3 fatty acid consumption for both preventative and therapeutic clinical use.

SUMMARY: This review will focus on the data concerning fish consumption, fish oil supplements and their fatty acids as it pertains to clinical outcomes, with an emphasis on cardiovascular health.

FREE FULL TEXT

Visit us at www.spectracell.com or call us at 800.227.LABS (5227)

SPECTRACELL LABORATORIES
ADVANCED CLINICAL TESTING